

# City of Greenville Media Release

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**FOR IMMEDIATE RELEASE**

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## **A NEW FITNESS RESOURCE NOW OPEN IN CLEVELAND PARK**

The City of Greenville announces the opening of the “Ramona Graham’s Fitness Bootcamp Fitness Trail,” a 16-station workout trail located in Cleveland Park. The trail’s opening is the result of a cooperative effort between the City of Greenville Parks and Recreation Department and Fitness Bootcamp, Inc. to provide free and easily-accessible fitness resources to Greenville residents and visitors.

Ramona Graham, local personal trainer and president of Fitness Bootcamp, Inc., raised capital for the trail through donations from local businesses. Ms. Graham sees this as a great opportunity for people in Greenville to have a convenient means of fitness training. She explains, "My primary purpose as a trainer is to help my students maximize the quality of their lives. In addition to my private business, I will be offering 4 free clinics throughout the year. Through these clinics, I plan to teach Greenville that exercising, especially in the beautiful outdoors, improves one's mood and contributes to a positive mindset.” The first clinic is scheduled for Saturday, April 7, 2001. Participants in the clinic will learn the proper use of each of the workout stations on the trail and how to increase the “wellness factor” in their lives.

Parks and Recreation Administrator Paul Ellis is pleased with the way that Fitness Bootcamp, Inc. and the City of Greenville have been able to come together to work on this

project. “ This is another example of the great benefits to be gained when private business and public organizations cooperate,” Mr. Ellis stated. He continues, “This is just the first project like this in Cleveland Park and hopefully it will serve to demonstrate the advantages to be gained through this type of collaboration.”